

Session No.							
Phase:							
Date							
Warmup & Notes							
Lower Body							
Squat	hello	hello					
Deadlift							
Lunge							
Split Squat							
Step-Up							
Bridge/Thrust							
Leg Curl							
Band Walk							
Clam Shell							
Kick Back							
Push							
Bench Press							
Push Up							
Flye							
Shoulder Press							
Raise							
Tricep Extention							
Pull							
Row							
Chinup/Pullup							
Lat Pulldown							
Face Pull							
Rev. Flye							
Curl							
Core							
Rotational							
Palloff Press							
Plank							
Russian Twist							
Boat							
Deadbug							
Ball Transfer							
Back Ext.							
Crunch							
Metabolic							
Ropes							
Air Dyne/Rower							
Plyometrics							
Sliders							
Weight Tracker:							
Notes:							

		Foundation	Muscular Endurance	Hypertrophy	Strength	Metabolic Conditioning
		2-4 sets/10-18 reps	2-3 sets/15-20 reps	3-5 sets/8-12 reps	3-5 sets/1-7 reps	2-3 sets/15+ reps/time
Switch every 15 sessions	Total Body Lean	1	2	3	Often	4
	Strength	1	Occasionally	3	2	Occasionally
	Physique	1	3	2	4	Occasionally
	Mobility	1	2	3	4	Occasionally
	Athlete	1	4	3	2	In Sessions

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